



NOVEMBER • 2013

taste

MAKE THE MOST OF THE SEASON, NATURALLY

 PCCNATURALMARKETS.COM



Cranberries!
4 fresh ways
to enjoy this
sour-sweet gem

**Cheese plate
perfection**
plus 5 pages
of holiday tips

- * REFRESH YOUR SPICES NOW
- * TIRED OF TOO CRUNCHY?
HOW TO PICK A PERFECT PEAR
- * WONDERFUL CAULIFLOWER
- * CREATIVE TURKEY LEFTOVERS



taste

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By popular request, we've included basic nutrition information with each recipe to serve as a helpful guideline. Please keep in mind that, just like cooking, recipe analysis is not an exact science — the nutritional content of ingredients varies by brand, and some of our more unique recipes call for ingredients not readily found in standard nutrition software. And remember: The advice of your health care provider trumps our kitchen wisdom.

Please note: While we strive to use photos that offer the closest visual appearance to PCC foods and recipes, exact matches are not always available.



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We'd like to say, "Thanks!"

We'd like to thank the customers, members, producers and farmers who have made PCC into what it is today. Your continual support has enabled us to grow and prosper — we're thrilled to be opening our 10th and 11th stores in 2014 and 2015, respectively. We also have the opportunity to work with an amazing array of local producers and farmers and to give back to the community in a variety of ways. Thank you!


maximizing the flavor of spices

Spices are to cooking what accessories are to fashion — the perfect detail that can earn you a ton of compliments or the afterthought that you secretly hope people don't notice.

STORAGE: Volatile oils are the source for both the nutritional profiles and the intense flavors of spices. These oils break down over time, but you can delay the process by storing them in airtight jars away from heat and humidity — rather than in that pretty set of clear jars next to the stove.

REPLACEMENT: Ground spices should be replaced at least every 12 months. While some well-organized people are careful to buy in small batches and date each jar at the time of purchase, an easier way of remembering to refresh your spices is to think of it like back-to-school shopping. Each year, when you're planning your holiday dishes, check your supply and make a list of everything that's likely to be outdated. Head to the bulk department and refresh your jars with an estimate of what you'll use in the next year. This way, you'll have absolutely peak flavor to honor your family recipes.

FRESH GRIND: You can extend their shelf life indefinitely by buying whole spices and grinding them when you need them. Cardamom and nutmeg lose their flavor so quickly after grinding that it's always best to purchase these in whole form. Grinding tools include a mortar and pestle, a clean coffee grinder, and a fine grater for nutmeg.



Homemade seasoning blends *These two spice blends just need a quick shake to combine the ingredients. The salt can be used on salads, roasted vegetables, chicken or fish. Make a double batch of the sugar to give as a gift, or sprinkle on toast, cookie dough or the rim of a martini glass.*

Seasoned Salt

5 tablespoons kosher salt
4 tablespoons ground black pepper
2 tablespoons garlic granules
1 tablespoon dried lemon zest

Sugar 'n' Spice

¼ cup Demerara or Turbinado sugar
1½ teaspoons fennel seeds, finely ground
¼ teaspoon freshly ground cardamom
¼ teaspoon ground allspice

from prep to leftovers time for turkey

There's a reason to buy your Thanksgiving turkey at PCC — you can be assured it's healthy and raised with care by the Diestel family in California. The Diestels give their birds freedom to roam and a wholesome vegetarian diet. The result is juicy, flavorful turkeys you'll love as the center of your big meal. We have three varieties: free-range Original, organic Heidi's Hens, and organic American Heirloom.

Make prep easy with our all-in-one turkey brining kit

The Gourmet Gobbler Complete Turkey Kit from Urban Accents includes a Spiced Brine Blend, a heavy-duty brine bag (for turkeys up to 24 lbs), and a Gourmet Gobbler Herb Peppercorn Rub. It makes it easy to roast, grill or deep-fry your turkey with juicy, delicious results.



Turkey and Squash Risotto

SERVES 6

- 2 tablespoons olive oil
- 1 onion, finely diced
- 3 cloves garlic, minced
- 1 tablespoon chopped fresh sage
- 1½ teaspoons chopped fresh thyme
- 2 cups Arborio rice
- ½ cup white wine
- 6 to 8 cups hot chicken stock
- Salt and black pepper, to taste
- 1 pound cooked turkey, shredded
- 2 cups cooked and cubed butternut squash or pumpkin
- 2 cups baby spinach
- 2 ounces fresh chèvre, crumbled

Heat oil in a large saucepan over medium heat. Add onion and cook until soft, about 5 minutes. Stir in garlic, sage and thyme; cook until fragrant, about 1 minute. Pour rice into pan and stir to coat with oil. Continue stirring rice until the edges are translucent and rice smells toasted, about 3 minutes. Deglaze with white wine and simmer until reduced.

Add hot stock, one cup at a time, stirring constantly until absorbed. Continue adding stock until rice is tender and creamy, about 20 minutes. Season with salt and pepper.

Fold in turkey, squash, spinach and chèvre; heat through. Serve immediately.

EACH SERVING: 470 cal, 13g fat (3.5g sat), 55mg chol, 910mg sodium, 59g carb, 5g fiber, 26g protein

five more ideas for turkey leftovers

Use the flavors of global cuisines for inspired leftovers:

Try a Thanksgiving-inspired version of the traditional Vietnamese baguette sandwich (Bánh mì).

Make stacked turkey enchiladas. Feta cheese and green enchilada sauce are a nice twist on flavors.

Make turkey Thai curry with coconut milk and red curry paste. Serve over rice, with a squeeze of lime and sprinkle of fresh cilantro.

Make mac and cheese from scratch, with white cheddar and leeks. Tuck in some leftover turkey.

Try Indian-style Mulligatawny soup with turkey, rice and vegetables, seasoned with curry and coconut milk.

Find many delicious recipes using leftovers on our website: pccnaturalmarkets.com/r/2235





pick a ripe pear

a how-to guide

Pears might bear a surface resemblance to apples, but in texture and juiciness, it's more accurate to think of them as winter's peachés. The ideal pear is lush, fragrant and absolutely dripping with sweet juice. They're also a good source of potassium and vitamins C and K.

PICK YOUR PEAR

Choose pears that are firm with no soft spots. Some varieties get a red blush on the side that faced the sun when they were on the tree — this doesn't affect flavor, just their looks. Many varieties have delicate skin, but surface scratches aren't a serious issue that will affect your eating experience.

MAKE IT PERFECT

Pears don't ripen until after they've been picked, and the process won't begin if they're kept cold, so store them at room temperature. They're perfectly ripe once the neck gives softly to gentle pressure from your thumb. Eat them immediately or place them in the fridge to suspend their ripening process. Chilled and ripe, they'll keep for nearly a week.

TYPES TO TRY

The basic Bartlett is best when eaten fresh. Bosc has a honey-like flavor and dense texture that shines when cooked. Short, fat Comice is creamy; slice it into salad or have it fresh for dessert. Tiny Seckels have a short season early in the month and are a real treat in a lunchbox or when poached whole. Anjou is versatile, with an almost citrusy brightness to its flavor.



River Valley Organics

George and Apple Otte purchased their Okanogan Valley farm in 1997 and began the transition to organic growing methods the following year; PCC starting buying their fruit in 2000. Their relatively small orchard of just 18 acres produces absolutely luscious Bosc and Seckel pears. "It's sort of a two-way thing," says Apple. "We take care of the trees and they take care of us."

what's in store >>



IN HEALTH AND BODY CARE BELLY UP

Overindulging around the holidays is by no means rare — and neither is the discomfort that can be the result of those indulgences. If your belly is suffering (in silence, or otherwise) it might benefit from **Axia3 ProDigestive Antacid**, which offers a blend of antacids and enzymes that can assist with both immediate heartburn relief and longer term digestive assistance. Once the urgent problems have been solved, supplements could reduce the likelihood that indigestion will return by improving functionality of your digestive system. **American Health's Original Papaya Enzyme** is a chewable tablet that contains papain, amylase and protease. **Natural Factors Bromelain** is sourced from pineapple plants and can help efficiently process proteins.

IN THE MERCANTILE DEPARTMENT SWEETNESS & LIGHT

From sleek modernism to goofy collage art, our holiday cards offer stylish options to offer up your season's greetings. Two Wallingford-area companies — **Ganapati Studios** and **Positively Green** — use paper sourced either from managed forests or post-consumer waste, and plant-based inks to make their cards. Ganapati goes the extra mile by donating 10 percent of its profits to charities focused on the arts, social justice and alleviating hunger.

Big Dipper Wax Works is based in Georgetown and creates natural beeswax candles with 100 percent cotton, lead-free wicks. When lit, they scent the air with a subtle honey fragrance. **Big Dipper** donates 10 percent of their profits to education and sustainability programs devoted to bees and beekeeping.



IN THE WINE DEPARTMENT SEASONAL WINES

Feeling festive? We have a terrific Prosecco-like wine from Slovenia that we're delighted to offer as a PCC exclusive. It's the "**Penetza**" **Rebula Brut** from the Vinska Klet winery in the Goriška Brda region, where warm Mediterranean breezes meet the chilly air blowing down from the Alps. Think bright, citrusy and ever-so-slightly yeasty with plenty of tiny bubbles.

We've also got two nice table wines — one red, one white — from the Macedonian winemaker Jordanov. The **Vranec Veritas** is a rich, dark red wine that pairs nicely with rich cheese or prosciutto, while the **Rkatsiteli** is a spicy, floral varietal that features an ancient and beloved grape of southeastern Europe.



A great cheese platter is a wonderful addition at almost any holiday party.

Become an expert and build a beautiful platter for your next event. Sylvie, the cheese specialist at our Issaquah store, chose some of her favorite cheeses to help you; one plate is for the adventurous cheese connoisseur, while the other aims to please a broad variety of palates. Check with any of our store specialists for personalized recommendations.

THE CROWD PLEASER

Pavé de Jadis ①

Covered in ash, this goat cheese has a fudgy, creamy texture and a lemony, tangy finish.

Delice de Mon Sire ②

With an absolutely luscious, buttery mouthfeel, this triple-crème has a delicate texture and rich, mild flavor.

P'tit Basque ③

This Pyrenean cheese has a mellow sheep's milk flavor and taffy-like texture. It is traditionally served with cherry jam.

Sartori Asiago with Rosemary and Olive Oil ④

This 2008 World Championship Gold Medal cheese is hand-rubbed with olive oil and rosemary. Firm, yet creamy, it has a sweet, herbal finish.

Bleu d'Auvergne ⑤

The true French classic blue, it is creamy with an earthy mellow flavor.

THE ADVENTURER

Vermont Creamery Bonne Bouche

This hand-crafted artisan goat cheese is covered with vegetable ashes. As it ripens at room temperature, the cheese will get creamier and more decadent.

Camembert Le Pommier

More intense than Brie, camembert has fresh notes of mushrooms and nuts.

French Morbier

This raw, semi-soft cheese with a layer of ash in the middle melts in your mouth.

Gorgonzola Dolce

The mildest of the three true Gorgonzola varieties, this soft, delicate cheese will surely seduce you.

Spanish Manchego-style with Rosemary

Fresh-ground rosemary leaves are blended with ewe's milk to bring you mellow flavors of the summer countryside.

5

SIMPLE TIPS FOR A PERFECT PLATTER

START EARLY
and remove the cheese from the fridge one hour before serving. Chilled cheese loses points on both flavor and texture.

DON'T CROWD
the cheese. Use more than one platter to separate the deliciously stinky varieties from the more delicate types. Label each cheese clearly.

SERVING TOOLS
should be matched with the cheese type. Use spreaders for fresh cheese and paring knives for the hardest kinds. Soft kinds like Brie benefit from plastic blades or an open cutting surface.

PLATES AND CRACKERS
for your guests should be plentiful. Pair flavored crackers thoughtfully, and consider a gluten-free Nut Thin to accommodate dietary needs.

ACCESSORIZE
with complementary nibbles: Marcona almonds, Dalmatian Sour Cherry Spread, pears or red grapes.

Cranberries

Cranberries' festive hue and tart, snappy flavor make them a delicious addition to everything from sweets to salads. Plus they offer antioxidant action and aid digestive health. Pick 'em up while they're fresh and infuse your cooking with a little zing.

Vegan Cranberry Swirl Ice Cream

SERVES 6

- 1½ cups cranberries
- 6 tablespoons brown sugar
- 1 (3-inch) cinnamon stick
- 1-inch piece ginger
- ½ cup orange juice
- 2 (15-ounce) cans full-fat coconut milk, chilled and divided
- ½ cup maple syrup
- Pinch of salt
- 1 teaspoon vanilla extract
- ½ teaspoon ground cinnamon
- ½ teaspoon ground cloves
- 1 tablespoon cornstarch
- 2 tablespoons Cointreau (optional)

Combine cranberries, sugar, cinnamon stick, ginger and orange juice in a saucepan. Simmer until cranberries have popped and juices are reduced, 30 to 40 minutes. Remove cinnamon stick and ginger, puree and pass through a strainer; stir in orange zest. Cool completely. Combine all but ½ cup coconut milk, maple syrup, salt, vanilla, ground cinnamon and cloves in a heavy saucepan. Bring to a simmer over medium heat.

In a small bowl, whisk remaining ½ cup coconut milk and cornstarch until smooth. Stir into coconut base and cook, stirring constantly, until the mixture thickens and coats the back of a spoon. Remove from heat, stir in Cointreau, cover and chill at least 4 hours.

Freeze coconut base in an ice cream maker according to manufacturer's directions. Spread half the ice cream in a large cake or bread pan, pour half the cranberry sauce over, and swirl in with a knife. Top with remaining ice cream and cranberry sauce and swirl again. Freeze for a few hours or overnight.

No ice cream maker? Swirl the cranberry sauce into any of your favorite prepared ice creams! Allow the ice cream to soften at room temperature then transfer to a cake or bread pan and follow the directions above.

EACH SERVING: 320cal, 23g fat (20g sat), 0mg chol, 170mg sodium, 31g carb, 2g fiber, 2g protein

NOVEMBER • 2013

Northwest HOLIDAYS



FOODS TO
CELEBRATE
THE SEASON



RESERVE YOUR HOLIDAY MEATS
AND MEALS ONLINE

Visit pccnaturalmarkets.com/holiday to place your order.



NATURAL, FRESH TURKEY FROM PCC

DIESTEL

A broad-breasted breed with an abundance of mild white meat, these free-range birds are fed a wholesome, low-fat vegetarian diet that is milled on the ranch and is free from growth stimulants and hormones. There's no added saltwater — just plenty of natural juiciness in this mouthwatering turkey.

HEIDI'S HENS

Certified organic and free-range, these birds are fed a diet of organic corn and soybeans that produces succulent meat. They have less fat than typical commercial turkeys, a pleasantly firm texture, and the excellent flavor of an old-fashioned bird.

AMERICAN HEIRLOOM

Holiday turkey doesn't get more traditional than these special heirloom breeds. These certified organic, free-range birds are range-grown in the Sierra Nevada Foothills. A foraging diet supplemented with quality grain and soybeans produces rich, remarkably tender, and finely flavored meat.



thanksgiving dinners

Our prepared meals are made with the same quality ingredients you find every day in our stores — and every dish has been carefully crafted with the same attention to detail you'd appreciate from homemade.

ROASTED TURKEY MEAL*

Diestel Turkey
Creamy Mashed Potatoes
Sage Stuffing
Parmesan Mixed Vegetables
Roasted Squash
Cranberry Sauce
Turkey Gravy
The Essential Baking Company rolls
PCC Bakery pie
Small (serves 4-6) **\$79.99**
Medium (serves 8-10) **\$129.99**
Large (serves 12-16) **\$179.99**

FIELD ROAST MEAL*

Field Roast Hazelnut Cranberry Roast en Croûte
Creamy Mashed Potatoes
Sage Stuffing
Parmesan Mixed Vegetables
Roasted Squash
Mushroom Gravy
Cranberry Sauce
The Essential Baking Company rolls
PCC Bakery pie
Small (serves 4-6) **\$69.99**
Medium (serves 8-10) **\$99.99**

SIDES-ONLY MEAL*

Creamy Mashed Potatoes
Sage Stuffing
Parmesan Mixed Vegetables
Roasted Squash
Turkey or Mushroom Gravy
Cranberry Sauce
The Essential Baking Company rolls
Small (serves 4-6) **\$49.99**
Medium (serves 8-10) **\$89.99**

* For all of our meals, mashed potatoes and mixed vegetables are available vegan by request. Small turkey dinners feature a bone-in breast roast. Medium and large dinners include a whole roasted turkey. Please note, our sides-only meal does not include pie. For additional details on our dinners please visit pccnaturalmarkets.com/holiday.

sides to please

Delicious specialties from the PCC Deli you won't find anywhere else.

Roasted Brussels Sprouts

Roasted under high heat to enhance their nutty flavor, then lightly seasoned with basil.

Mashed Yams & Goat Cheese

Brighten up the holiday table with the rich flavor of yams infused with creamy chèvre.

Walnut Beet Salad

An exquisite pairing of rich red beets and toasted walnuts, finished with a touch of full-flavored walnut oil.

Deluxe Roasted Mushrooms

Balsamic-marinated roasted mushrooms and tomatoes with fresh herbs are every bit as delicious as an antipasti as they are alongside the feast.

Creamy Mashed Potatoes

The all-time classic done the old-fashioned way, with plenty of butter and cream and seasoned just right.

Roasted Squash

Sweet, winter squash that's been slow-roasted to perfection.

Hearty Caesar Salad

Densely crisp kale and chard brightened by the lemon and garlic flavor of our house vegetarian Caesar dressing and traditional Parmesan cheese.

Southwest Corn Pudding

Lusciously rich corn pudding combines Southern-style comfort with a touch of Southwestern heat.



IN OUR WINE AND BEER DEPARTMENT

Fine, festive and frugal

Whether you prefer red, white or rosé, you'll find a great wine at a great price, carefully chosen with a harvest feast in mind. Or try a terrific Belgian ale with your celebration!



**TWO MOUNTAIN
LEMBERGER OR
RIESLING**
From the Yakima
Valley's Rattlesnake
Hills, these two

wines are equally delicious with holiday fare. The generous, spicy red and sleek, expressive white are a taste of Washington at its best!

*lemberger \$16
riesling \$12.75*



**COOPER MOUNTAIN
RESERVE
CHARDONNAY OR
"COOPER HILL"
PINOT NOIR**

Our friends in the Willamette Valley make some of Oregon's most stylishly elegant chardonnay and sturdy, impeccably balanced pinot noir from biodynamically grown grapes.

*chardonnay \$17
pinot noir \$17*



**QUADY
NORTH ROSE**
This gorgeous
rosé combines
perfectly ripe,

sun-kissed syrah and grenache fruit with Old World style and inimitable Southern Oregon character. A wine for ALL seasons! \$15



**SAISON DUPONT
AVEC LES BONS
VOEUX**
Benjamin
Franklin once
said beer is

proof that God loves us and wants us to be happy. Whatever your idea of providence, this astounding Belgian ale is a reminder that life is indeed very good! \$11



EDMONDS

Daily 6 a.m. to 11 p.m.
9803 Edmonds Way
Edmonds, WA 98020
425-275-9036

FREMONT

Daily 6 a.m. to midnight
600 N. 34th St.
Seattle, WA 98103
206-632-6811

GREENLAKE

Daily 6 a.m. to midnight
7504 Aurora Ave. N.
Seattle, WA 98113
206-525-3586

ISSAQUAH

Daily 6 a.m. to 11 p.m.
1810 12th Ave. NW
Issaquah, WA 98027
425-369-1222

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Kirkland, WA 98033
425-828-4622

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Redmond, WA 98052
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Seattle, WA 98118
206-723-2720

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Daily 7 a.m. to 11 p.m.
6114 40th Ave. N.E.
Seattle, WA 98115
206-526-7661

WEST SEATTLE

Daily 7 a.m. to 11 p.m.
2749 California Ave. S.W.
Seattle, WA 98116
206-937-8481

HOLIDAY HOURS

All stores will be open regular hours on Thanksgiving Eve and closed on Thanksgiving Day.

All stores will be open until 7 p.m. on Christmas Eve and closed on Christmas Day.

sweet endings

Our exclusive, freshly baked fruit galettes wrap the flavors of the Northwest autumn harvest inside delicate crusts. No worries if your family also demands the classic dessert — we have both traditional and vegan versions of pumpkin pie.

CARAMEL APPLE GALETTE

A classic French dessert featuring thinly sliced roasted apples and rich almond cream on a rustic crust, drizzled with caramel sauce. 7" \$7.99

PEAR ALMOND GALETTE

The subtle flavor of roasted pears delicately accents a layer of rich almond cream and a sprinkle of toasted almond slices. 7" \$7.99

PUMPKIN PIE

Our famous pumpkin pies capture the season perfectly with the right balance of pumpkin, sweetness and spice. Available in traditional and vegan. 9" \$12



All things holiday online. Visit pcnaturalmarkets.com/holiday for tips, recipes and more to create memorable, enjoyable and delectable celebrations this holiday season.



Cranberry-Lemon Muffins

MAKES 12 MUFFINS

- 1½ cups all-purpose flour
- ½ cup cornmeal
- ½ cup white sugar
- ½ cup brown sugar
- 2 teaspoons baking powder
- Pinch of salt
- 1½ cups roughly chopped cranberries
- ½ cup plain or honey yogurt
- ½ cup whole milk
- 2 eggs, lightly beaten
- 2 tablespoons lemon juice
- 1 tablespoon freshly grated lemon zest
- 1 teaspoon vanilla extract
- ½ cup sliced almonds

Preheat oven to 375° F. Line a 12-cup muffin tin with paper liners.

Whisk together flour, cornmeal, sugars, baking powder and salt in a large bowl. In a separate bowl, toss cranberries and 2 teaspoons of flour mixture to coat; set aside.

Whisk together yogurt, milk, eggs, lemon juice, zest and vanilla in a bowl. Add yogurt mixture to flour mixture, beating until just combined (don't over mix). Gently fold in cranberries. Divide batter evenly among prepared muffin tin. Sprinkle with almonds.

Bake until a toothpick inserted into the center of a muffin comes out clean, 20 to 25 minutes. Let muffins cool in the pan for 10 minutes, then transfer to wire racks to cool completely.

EACH MUFFIN: 200cal, 4g fat (1g sat), 40mg chol, 160mg sodium, 37g carb, 2g fiber, 5g protein

Steaks with Cranberry-Balsamic Sauce

SERVES 4

- 4 (4-ounce) tri-tip steaks
- Salt and pepper, to taste
- 1 tablespoon high-heat oil
- 2 tablespoons butter, divided
- 1 large shallot, minced
- 2 cloves garlic, minced
- 2 teaspoons chopped fresh thyme
- 1 cup roughly chopped cranberries
- 2 tablespoons honey
- ½ cup chicken broth
- 2 tablespoons balsamic vinegar

Preheat oven to 350° F. Season steaks on both sides with salt and pepper.

Heat oil over medium-high heat in a large sauté pan. Sear steaks on both sides until deep golden, about 5 minutes per side. For rare steaks, transfer to a warm plate and cover with foil. Otherwise, transfer steaks to a baking dish and finish cooking in the oven until desired doneness is reached. Keep warm.

Meanwhile, reduce pan heat to medium and melt 1 tablespoon butter. Add the shallot, garlic and thyme and cook until soft and fragrant, 3 to 5 minutes. Stir in cranberries, honey and broth, scraping up browned bits from the bottom of the pan, and bring to a boil. Reduce to a simmer and cook until most of the berries have broken down, 7 to 8 minutes. Stir in vinegar and remaining butter; season to taste with salt and pepper. Serve sauce over steaks.

EACH SERVING: 440cal, 26g fat (11g sat), 95mg chol, 390mg sodium, 15g carb, 2g fiber, 35g protein

Fennel and Cranberry Salad

SERVES 4 TO 6

- ¾ cup roughly chopped fresh cranberries
- 1 tablespoon brown sugar
- 2 tablespoons apple cider vinegar
- 1 tablespoon honey
- 2 teaspoons Dijon mustard
- 1 small shallot, finely minced
- ¼ cup olive oil
- 2 tablespoons chopped fresh parsley
- Salt and black pepper, to taste
- 1 bulb fennel, cored and thinly sliced (save some of the fronds for garnish)
- 1 pear, cored and thinly sliced
- 1 orange, peeled and segmented
- 3 cups arugula or baby spinach
- ¼ cup toasted pecan halves
- ¼ cup crumbled blue cheese (optional)

Place cranberries in a small bowl and toss with sugar; let sit for about 20 minutes.

Combine vinegar, honey, mustard and shallot in a bowl. Slowly drizzle in oil while whisking constantly to make an emulsified dressing. Fold in parsley and season with salt and pepper.

Combine cranberries, fennel, pear, orange and arugula on a large serving platter. Toss gently with dressing to coat. Sprinkle with pecans, blue cheese and reserved fennel fronds; serve immediately.

EACH SERVING: 210cal, 15g fat (2g sat), 0mg chol, 180mg sodium, 22g carb, 5g fiber, 2g protein

Cauliflower



This cream-colored cousin of broccoli and Brussels sprouts is a versatile base for everything from soup to coleslaw. It's mildly nutty and sweet, qualities that can be accented or masked according to taste.

SMOOTH & CREAMY

Cauliflower puree is a delicious substitute for mashed potatoes; boil or steam until the vegetable is completely soft, then puree in a food processor until smooth. Dress it up with butter or olive oil for richness and a splash of cream or almond milk. Add salt to taste, and use either a bit of fresh-grated nutmeg or a few fresh thyme leaves for extra flavor.

FIRM & TOASTY

Roasting cauliflower in the oven gives it a caramelized flavor and lets it keep its firm texture. Cut into bite-sized florets, toss with olive oil and spread in a single layer in a shallow pan. Roast at 400° F for 25 minutes, until the edges have darkened. Top your roasted cauliflower with something as simple as salt, pepper and freshly grated Parmesan, or let it cool, dress with additional olive oil, and use in a salad with toasted pistachios and dried cherries.

CRISP & CRUNCHY

You can coarsely grate a head of cauliflower for use in coleslaw or a salad. It holds its crunch nicely for hours and goes well with apples, pears and carrots. A mild buttermilk dressing or lemony vinaigrette complements the flavor.

Watch PCC Chef Lynne Vea sear cauliflower with brown butter and truffle oil for a simple, special occasion dish: pccnaturalmarkets.com/r/2237.



EDIBLE GIFTS YOU CAN MAKE RIGHT NOW

Treat your friends and family to delicious, DIY gifts for the holidays. These creative, homemade delights are simple to make and sure to please. They're at their best when you allow the flavors to develop over time, so make them before the holiday season is in full swing. They'll be ready and waiting to give as tasty gifts!

Cherry Bacon Jam

MAKES ABOUT 1 PINT

**1 pound nitrate-free bacon,
chopped into ½-inch pieces**

1 red onion, chopped

3 cloves garlic, minced

**½ cup chopped
dried cherries**

¼ cup balsamic vinegar

1 cup brewed coffee

¼ cup maple syrup

¼ cup tequila or water

**2 tablespoons
grainy mustard**

½ teaspoon salt

Pinch of cayenne (optional)

**Freshly ground black pepper,
to taste**

Heat a large heavy skillet over medium-high heat and add bacon. Cook, stirring occasionally, until crisp, 10 to 15 minutes; drain on paper towels.

Remove all but 1 tablespoon of fat from the skillet. Add onion and cook until soft, about 5 minutes. Stir in garlic and cherries and cook for 2 minutes. Add remaining ingredients, including bacon, and bring to a boil. Reduce to a simmer and cook until syrupy, stirring occasionally, 20 to 40 minutes.

Remove from heat and cool for 15 minutes. Transfer to a food processor and pulse a few times to reach the consistency of chunky jam. Store in a clean jar in the refrigerator for up to 4 weeks.

Vegan Irish Cream Liqueur

MAKES ABOUT 1 ½ QUARTS

1 ½ cups full-fat coconut milk

1 ½ cups coconut creamer

**½ cup sweetened vanilla
almond milk**

**1 ½ ounces 42% cacao dark
chocolate chips (available
in bulk)**

1 teaspoon sugar

Pinch of salt

**½ cup strong brewed
espresso, or to taste**

**½ cup Irish whiskey,
or to taste**

Combine coconut milk, creamer and almond milk in a saucepan over medium heat. Whisk in chocolate, sugar and salt. Bring to a low boil, stirring frequently, until chocolate is melted, 4 to 6 minutes. Remove from heat and mix in espresso and whiskey.

Transfer to a clean, airtight container; store in the refrigerator up to 2 months. Shake well before using. Serve over ice or with coffee.

Pear-Fennel Shrub (Drinking Vinegar)

MAKES 1 QUART

This beverage, both tart and sweet, stimulates the appetite and quenches thirst. Add a dash to sparkling water or your favorite cocktail.

**3 to 4 cups washed,
stemmed and cubed pears**

2 cups sugar

**2 tablespoons fennel
seeds, crushed**

2 cups Champagne vinegar

Pinch of salt

Combine pears, sugar and fennel seeds in a glass bowl. Use a wooden spoon to gently break up the fruit. Cover with plastic wrap and refrigerate at least 6 and up to 24 hours, until a syrup has formed.

Add vinegar and salt, stirring to combine. Cover and return to the refrigerator. Let age for at least one week. Pour the mixture through cheesecloth or a fine mesh strainer into a clean, sterile jar, pressing lightly to release all of the juices from the fruit. Store for one more week before using, or until the flavors are fully developed. Store refrigerated up to 6 months; shake before using.

GOOD ingredients make gifts GREAT

At PCC, you'll find quality ingredients to elevate your edible gift from good to great. Here's how:

1.

**PURE COUNTRY PORK
UNCURED SMOKED
MAPLE BACON**

Sweet and savory, this nitrate-free bacon is produced locally by the Klingeman family in Ephrata, Wash.

2.

**SO DELICIOUS
DAIRY FREE
COCONUT MILK
CREAMER**

Rich and delicious, this healthy alternative to milk is a great substitution for vegan cooking.

3.

PCC BULK

Our bulk department is filled with all kinds of staples at a good value, including spices, sweeteners and more. It's a great way to get just the amount you need while cutting down on packaging.

Available in bulk:

**MAPLE SYRUP
DARK CHOCOLATE CHIPS**

SUGAR

DRIED CHERRIES

FENNEL SEEDS

COFFEE BEANS



LET'S EAT!

EASY
WEEKNIGHT
MEAL

Make a pan of these hearty enchiladas and freeze any leftovers (or make a double batch) for quick, satisfying meals during the week.



MAKE IT
A MEAL

PCC is a local food store that offers a variety of products. Find out the following items at your neighborhood PCC store (pcc.com/locations) and put your meal together in a flash!

- PCC Emerald City Salad
- PCC Guacamole
- Sausen Hibiscus Cooler



Beef and Bean Enchiladas

SERVES 6 TO 8

- 2 teaspoons high-heat oil
- ¼ red onion, finely chopped
- 2 cloves garlic, minced
- 1 pound lean ground beef
- 2 teaspoons Mexican seasoning (available in our bulk section)
- 1 (16-ounce) can kidney or black beans, rinsed and drained
- 1 cup cooked brown rice (available in our deli)
- 2 cans red enchilada sauce
- ¾ cup chopped fresh cilantro, divided
- 12 (8-inch) corn or flour tortillas
- ½ cup crumbled Cotija cheese
- ¾ cup shredded mozzarella or Organic Valley Mexican blend cheese

Preheat oven to 350°F. In a large skillet, heat oil over medium-high heat. Add onion and garlic and cook until soft, 4 to 5 minutes. Add beef and cook until no longer pink, 8 to 10 minutes; drain if necessary. Stir in Mexican seasoning, beans, rice and ½ cup enchilada sauce; simmer for 10 minutes. Fold in ¼ cup chopped cilantro.

Pour enough enchilada sauce to lightly coat the bottom of a 9- by 13-inch baking dish. Warm tortillas in the oven wrapped in foil until just pliable, 2 to 3 minutes.

To assemble: Lay a tortilla on a flat surface and add about ¼ cup beef mixture in the center. Roll up and place seam-side down in the prepared baking dish. Continue until all the beef mixture is used. Top with remaining enchilada sauce and sprinkle with cheeses.

Bake until bubbly and the cheese is melted, 20 to 25 minutes. Top with remaining cilantro.

EACH SERVING: 400 cal, 13g fat (4g sat), 50mg chol, 760mg sodium, 48g carb, 10g fiber, 26g protein

WEEKNIGHT TIPS

for the other 29 dinners this month

It's easy to get so focused on the impending holiday feast that you forget to prepare for regular mealtimes. With a little advance planning, your weekday efforts can be kept to a minimum without sacrificing taste or nutrition.

FAST PROTEIN

Whether your dietary preference runs to black bean patties or meatballs, make sure your freezer is stocked with prepared proteins that heat up quickly. For the pantry, cans of tuna or salmon and a supply of nuts all offer a speedy supply of the energy you'll need for the season.

THOUGHTFUL PREP

The concept of batch cooking can also be applied just to prepping. Peel and dice an assortment of favorite vegetables ahead of time. Having completely prepped broccoli, braising greens, onions and carrots in the fridge will come in handy for soups or stir-fries, and you can add your favorite salad greens and dressing for a healthy lunch.

BATCH COOKING

When you attend to your weeknight cooking, prepare double batches of a few storable meals. Having ready-made pans of lasagna, red beans and sausage or enchiladas in the freezer will be a welcome relief on a night when you're short on time.

PANTRY STAPLES

Take a few minutes to check that you're happy with the supply levels of your pantry staples. Healthy shelf-stable soups and boxed meals can be a more satisfying meal than something grabbed on the run, while an array of flavorful vinegars will inspire you to include a salad with every meal.



fast & fresh Start with boneless, skinless kalbi chicken breast from our Natural Express section. Cut the chicken breast into bite-sized pieces and stir-fry over high heat for about 2 minutes. Add broccoli florets and cook for another 2 to 3 minutes, until the chicken is cooked and the broccoli is bright green. Garnish with a bit of sliced green onion, and serve with your choice of udon noodles or brown rice.



ready-to-go options

Some nights, a good dinner just isn't going to happen unless someone else does a good bit of the work.

Located in the fresh meat case, our Natural Express section offers carefully trimmed, well-seasoned entrées that only require popping into the Crock-Pot or sliding into the oven. We suggest cozy fall dishes like:

- Kalbi chicken breast
- Garlic herb chuck shoulder pot roast
- Sockeye salmon fillet with a brown sugar and smoked paprika rub
- Stuffed pork loin chop

Feeling in need of the quickest possible dinner that still hits the spot when it comes to flavor? Swing by the deli counter for Grab & Go green salads and sandwiches, or great refrigerated meats that you easily can heat up when you're ready for it. Or, to round off a meal, pick up Meat Loaf or Quinoa Loaf for a tasty protein fix.

rooting for POTATOES

By Nick Rose, M.S., PCC Nutrition Educator

Over half of the potatoes eaten in the U.S. are consumed in the form of potato chips and French fries, and this is the only possible rationale to explain why potatoes have an unhealthy reputation. If we follow Frodo's friend's excellent advice to "boil them, mash 'em, stick 'em in a stew," then each potato counts as a good source (at least 10 percent of our Daily Value) of potassium, vitamins C and B6, manganese, phosphorous and fiber.

You also may hear that potatoes have a higher glycemic index (GI) than other starchy veggies, so they cause your blood sugar to spike faster than other vegetables. True, but when potatoes are consumed in a meal with other foods (and who eats a plain potato?) the total glycemic load from the meal completely changes. Tip: Add a parsnip or two to your pot of boiling potatoes. Mash 'em up together to add a pinch of sweet parsnip flavor to your mashed potatoes and to lower the glycemic load.

Sweet potatoes are preferred by many carb-conscious eaters (including the paleo diet community) because they contain fewer carbs, more fiber and have a lower glycemic index compared to regular potatoes. Sweet potatoes (and yams) contribute similar nutrients (potassium, vitamin B6, fiber) as regular potatoes, as well as a good dose of beta-carotene, the antioxidant that supports your eyes and immune system.

Sweet potatoes may have a slight nutritional advantage over white potatoes, but that definitely doesn't mean that home-cooked potatoes are bad for you. Potatoes are an economical, versatile, nutrient-dense vegetable that deserves a place in your kitchen, especially during the fall and winter seasons, when locally sourced produce is harder to find.

As a Nutrition Educator for PCC Natural Markets, Nick leads weekly "Walk, Talk, and Taste" classes, where he reveals the seasonal, sustainable and delicious food choices found at PCC.



Sweet potato or yam?

There are many different varieties of sweet potatoes: the darker colored ones are called yams in the U.S., while the lighter colored varieties are called sweet potatoes. In reality they are both sweet potatoes. A true yam is a white-colored, starchy tuber native to West Africa; while sweet potatoes are slightly sweeter, have a thinner and smoother skin, and are native to South America.

Should I eat the skins?

The skin of just one potato provides 10 percent of your daily recommendations for iron, manganese, copper and zinc, so if you don't mind the texture, there is no reason to throw away those peels. If your culinary goal is to preserve the integrity of the sliced potatoes, then leaving the skins on will ensure you don't accidentally mash your potatoes. I often do a partial-peel on my potatoes, striving for the right balance between perfect nutrition and a perfect creamy mash.

Out of ideas for how to cook with the seasons?

We have the recipe for you

Take a look in the front of the store for recipe cards spotlighting delicious, seasonal dishes, such as our most-requested pumpkin pie recipe below. We change them with the seasons to give you fresh ideas for cooking. They're located in the Customer Information Center of each store. Browse the selection of featured recipes and grab any cards that appeal to your taste buds. Then head home and start cooking!



Classic Pumpkin Pie

MAKES 1 9-INCH PIE

1 small sugar pie pumpkin
or 1 (15-ounce) can
pumpkin puree

1 cup milk

½ cup cream

¼ cup brown sugar

¼ cup white sugar

½ teaspoon salt

1 teaspoon cinnamon

½ teaspoon ginger

½ teaspoon clove

3 slightly beaten eggs

1 pie crust

Wash the pumpkin and cut it in half lengthwise. Remove seeds and strings. Place it in a pan, shell-side up and roast it in a

325° F oven for 1 hour or more, depending on size, until it is tender and begins to fall apart. Scrape the pulp from the shell and put it through a ricer, food processor or blender. Measure out 2 cups of puree.

Preheat oven to 425° F. Mix pumpkin puree with the remaining ingredients. Pour into pie shell and bake for 15 minutes. Reduce the heat to 350° F and bake until knife inserted into the center comes out clean, about 45 minutes longer.

RECIPE BY PCC CHEF LYNNE VEA

EACH SERVING: 290 cal,
14g fat (6g sat), 105mg chol,
280mg sodium, 36g carb,
2g fiber, 5g protein



cozy up with a cup of local tea

Choice Organic Teas and Bastyr University have joined forces to create a line of flavorful, certified organic, wellness teas.

As the first organic, fair trade and non-GMO tea company in the U.S., Choice — located in Seattle — long has led the way in producing high-quality tea. They've developed eight different flavors for their wellness line, each formulated by a master herbalist at Bastyr. The teas are designed to support healthy body functions and overall well-being. Featuring 30 different active botanical herbs, they taste good too! Try Easy Digest, Breathing Space, Simply Detox, Energy Boost, Regularity, Throat Cozy, Mental Focus and Rest Assured, now available at PCC. A portion of the proceeds from each box of wellness tea will benefit the Bastyr University Student Scholarship Fund.



FIND A PCC NEAR YOU

EDMONDS

Daily 6 a.m. to 11 p.m.
9803 Edmonds Way
Edmonds, WA 98020
425-275-9036

FREMONT

Daily 6 a.m. to midnight
600 N. 34th St.
Seattle, WA 98103
206-632-8111

GREENLAKE

Daily 6 a.m. to midnight
7504 Aurora Ave. N.
Seattle, WA 98103
206-525-3586

ISSAQUAH

Daily 6 a.m. to 11 p.m.
1801 12th Ave. N.W.
Issaquah, WA 98027
425-369-1222

KIRKLAND

Daily 7 a.m. to 11 p.m.
10718 N.E. 68th St.
Kirkland, WA 98033
425-828-4622

REDMOND

Daily 6 a.m. to 10 p.m.
11435 Avondale Rd. N.E.
Redmond, WA 98052
425-825-1400

SEWARD PARK

Daily 6 a.m. to 11 p.m.
5041 Wilson Ave. S.
Seattle, WA 98118
206-723-2720

VIEW RIDGE

Daily 7 a.m. to 11 p.m.
6514 40th Ave. N.E.
Seattle, WA 98115
206-526-7661

WEST SEATTLE

Daily 7 a.m. to 11 p.m.
2749 California Ave. S.W.
Seattle, WA 98116
206-937-8481

KNOW WHAT'S IN YOUR FOOD

 **VOTE**
YES ON 522

Everyone should have the right to know and the freedom to choose what they want to buy and eat. I-522 would require that all genetically engineered foods are labeled. Voting yes on I-522 means greater transparency so we can shop and nourish ourselves and our families with confidence. Please vote yes on I-522.

More at pccnaturalmarkets.com/issues/gm/labeling.html
and Yeson522.com.

